

THE DECLARATION

1ST ISSUE!

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The Nose Knows – A Guide to Smelling Good

By Self-Help Correspondent **Mal Zda**

One of the big problems we deal with as a society is people not knowing how to take care of their own bodies. Hygiene is crucial, especially in these years that we've approached and ascended into. I'm going to tell you some of my best tips for smelling good, especially during school. Whether you're male or female, you can use these tips and translate them however you want into your daily life. First of all, we always have to start with a clean base. When showering, I personally like to use an unscented soap, face wash, body wash, body scrub, and shampoo, mostly because I have really sensitive skin but also because I think it's better to start off with a clean, fresh base rather than one already trying to become overwhelmed with scents. (Yet again, some of these parts are purely optional and can be shaped to your standards or needs.)

Right off the bat when you get out of the shower, I immediately go in with body oil. This step is crucial if you don't want to have cracked skin, especially during the winter months. Focus primarily on knees, elbows, neck, collarbones, and arms. And I'm heavy on these knees and elbows; nobody wants to be ashy ever. Afterwards, I will use a typical lotion of my choice; my scents often vary, so I try to switch it up every once in a while, but the same signature scent also works perfectly fine. Then I use body spray, which I kind of just spray all over. And I cannot stress this enough, but perfume and body spray are not the same thing. Perfume is used on your hotspots, such as your neck, inner elbows, inner wrists, behind knees, behind neck, and middle of chest. Spraying your perfume wherever is not going to make it last. Before I spray perfume anywhere, I take a bit of Vaseline and rub it into the area I want to spray to make it last even longer.

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Students' Perceptions of I.H.S.

By Investigative Reporters **Kayli Bowers & Strhessy Remy**

We toured the school to find out what our community most loves about our school and dislikes about it. Thank you to all who participated in our survey!

Top Things students like about IHS

1. Some of the staff
2. The girls
3. Nothing
4. The band
5. Friends

Top Things students dislike about IHS

1. The phone policy
2. Everything
3. Favoritism
4. Some of the staff
5. The strict policies
6. The students

Top Things that would improve the school

1. Renovation
2. Lowering the phone policy
3. Better staff
4. Fire some staff
5. More accountability from teachers and students
6. Better food

In conclusion, some of the school staff make the students willing to come to school. Another take away kids don't like about IHS is the phone policy.

A number 1 change that the students of IHS would like to see is a renovation of the building.

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And finally, deodorant. This one is absolutely the most important. We have to use deodorant, guys. If you have gym during school or play any kind of sports, I recommend carrying deodorant with you. It is so much better to start smelling during the day and be prepared rather than just stinking it up everywhere you go. I use a regular stick deodorant but still go in with a spray one just in case. It is that big of a deal. These are just the basics of things that I use, and I think people need to smell good. There are other fun things you can get if you're extra like me, such as a hair mist specifically for your hair, spray-on deodorant, and those types of things. And of course, obviously brush your teeth; if you don't, we can probably tell it's important. Overall, take good care of yourself; you only get one body in your life, so cherish it. Look good, smell good, feel good—it's the vibe.



Above: *Holiday Carollers hit the high note in preparation for their class-to-class singing rounds (Photo: Koto Brown)*

SCATTERED STANZAS - POETRY COLUMN

What She Is And Never Was

By Nox

I hate her stupid eyes.
 I hate her crooked smirk.
 I hate all of her and what she represents.
 All of what she is composited in my mind

Her disgusting hazel eyes.
 Her vile pearl white teeth.
 All of her filthy little freckles and moles
 that tell stories I will never know.

I hate her.
 Not for who she is,
 But for what she means.
 What her face says in the dark of my mind
 What her smile taunts in my presence.

All that she is to me.
 And all that she will never be.

All of her is too much for my distasteful eyes to handle.
 Her majesty is not for my lowly being to perceive.
 And yet I continue to stare.
 Disgusted and angry.
 Hating what she had become to me.

All that I was not.
 All that I could not be.
 Everything I want.
 But will never get to have.



MISSING SOME OF YOUR
 REQUIRED
 120 INTERNSHIP HOURS?
 DECLARATION STAFF
 EARN HOURS!
 TALK TO MR. WEISBROD
 TO SIGN UP TODAY!